

**NORTHCENTRAL UNIVERSITY
FOUNDATIONS ASSIGNMENT SHEET**

Dear Student,

Assignment #7 should be done entirely in the Goals Workbook.
Your instructor will use this assignment sheet to give you feedback on your work.

Main Task: Complete the Goal Writing Workshop and Formulate Actionable Goals

For this activity you will participate in a goal writing workshop. The entire workshop, including viewing the video and completing the workbook, will take you approximately 10 hours to carry out, so plan accordingly.

The objective of this workshop is to help you clarify your unifying principles and practice writing long-range, intermediate, and immediate goals.

a. Download and print the Goals Workbook.

The Goals Workbook is available in both the Time Management tab and the Downloads tab in the [Attack Your Day! Northcentral Training Portal](#).

b. Watch the videos.

There are 6 videos you will find in the Goals tab. Note that transcripts and audio clips are available as downloads under each video. The duration of each video ranges from about 5-11 minutes. You will complete some of the workbook while watching the videos, so have your workbook handy.

Now that you have completed the goal writing workshop, check to make sure that you have filled in the workbook completely and submit it for completion of this activity.

Length: Entire Goals workbook

Submit your workbook in the Course Work area below the Activity screen.

Learning Outcome: 9

- Formulate actionable goals related to completing a doctoral degree.

Your instructor will give you feedback below. Reading and using your instructor's feedback is as much a part of your learning as is reading the course materials and doing assignments. Your instructor will not only help you understand the quality of your work on this assignment, but will also give you guidance on how to improve your skills and increase your knowledge that, if you follow it, will help you do better on future assignments!

Feedback:

Introduction

1. Was the assignment completed as instructed? Yes

Assignment elements	Faculty Mentor Feedback
Complete the Goals Workbook	Well done! I encourage you to review your goals periodically. It is perfectly acceptable to modify them needed.

2. Are statements about all readings and resources accurate? Yes

Grade and rationale. Grade is based on:

100% Content

1. Completion of the assignment as instructed
2. Understanding of assignment resources